

Qi Gong & Martial Arts Terms

#	文	Pīn Yīn	Translation	Notes and Comments
1.	氣功	Qì Gōng (Ch'i Kung)	energy work	qi + a carpenter's square – craftsmanship
2.	內功	Nèi Gōng	internal work/cultivation	meditative
3.	內丹	Nèi Dān	internal elixir/alchemy	dan = cinnabar = elixir = transformative
4.	外功	Wài Gōng	external work/development	physical work/development
5.	功夫	Gōng Fū (Kung Fu)	work + labor, effort, skill, ability	craftsmanship, skilled labor / refinement of qi work/practice over time leads to skillfulness time / endurance & sweat = skill = mastery
6.	吃苦	chī kǔ	eat bitter	i.e. hardship yields results / no pain, no gain (suck it up)
7.	少林	shào lín	young forest/grove	famous Buddhist martial arts monastery
8.	寺	sì	monastery, temple; mosque	esp. Buddhist/Fo gov't. office
9.	觀	guàn	a Daoist temple	same char: guān = look, see, view; an observatory (H:20)
10.	導引	Dǎo Yīn	to lead & guide (the qi)	often referred to as Daoist Breathing Exercises
11.	太極拳	Tài Jí Quán (T'ai Chi Ch'uan)	very peak, pinnacle (summit) fist boxing	smt called Chinese shadow boxing the ultimate/consummate martial art
12.	無極	Wú Jí	no, none, without – a summit/pole	before the beginning of time & space primordial state / no-thing-ness
13.	武術	Wǔ Shù	military i.e. martial arts/skill	now = acrobatic gymnastics
14.	武藝	Wǔ Yì	military/martial skill	i.e. one skilled in wu shu
15.	意拳	Yì Quán	mind boxing	mental focus (struggle with your demons)
16.	意	Yì	idea, opinion, view; intention; meaning	Sp spirit
17.	憶	Yì	recall, recollect, think over, remember, reflection	Ht rad. on left = mental activity (mentation)
18.	臆	Yì	chest, breast, bosom; subjective	w/ flesh rad (Ht–Sp relation & blood)

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19.	形意拳	Xíng Yì Quán (Hsing I Ch'uan)	body-mind boxing	xing = form, shape, appearance of; body / training body & mind the form of mind boxing merging of thought & action [based on wu xing]
20.	八卦掌	Bā Guà Zhǎng (Pa Kua Chang)	8 (Trigram) Palms	walking the dragon circle, 8 palm changes
21.	筋經功	Jīn Jīng Gōng	sinew & channel work	based on Yi Jin Jing = Change Sinew Classic & Xi Sui Jing = Wash Marrow Classic both attrib. to Da Mo/Bodhidharma
22.	六音訣	Liù Yīn Jué	6 Sound/Syllable Secret	same yin as in pinyin jué = rhymed formula, tricks of the trade, knack; secret of success, key to success (the sounds are silent) organ cleansing, channel clearing exercises (attrib. to Sun Si Miao ~7th c.)
23.	小周天	Xiǎo Zhōu Tiān	small round/circular sky	the smaller heavenly circuit / microcosmic orbit
24.	大周天	Dà Zhōu Tiān	big round/circular sky	the bigger heavenly circuit / macrocosmic orbit
25.	老師	lǎo shī	teacher	lit. old, i.e. venerable teacher/master
26.	師傅 師父	• shī fù • shī fù	• master craftsman, expert, experienced worker • master, teacher, tutor	(sifu in Japanese) terms of respectful address
27.	丹田	dān tián	cinnabar / elixir + field	cultivation alchemical transformation (qi into jing, jing into shen)
28.	上	shàng	upper	3rd eye
29.	中	zhōng	middle	chest/heart
30.	下	xià	lower	lower abd / hypogastrium / below umbilicus
4 Key Points in Qi Gong Practice				
31.	百會	Bǎi Huì	100 Meet/Converge	GV-20 top of the head
32.	會陰	Huì Yīn	Meet/Converge in a yin place	CV-1 perineum
33.	湧泉	Yǒng Quán	Bubble(ing) Spring	KD-1 soles of the feet
34.	勞宮	Láo Gōng	Labor(er's) Palace	PC-8 center of the palms